



Snacking with Diabetes

- Sugar-free gelatin with 2 tablespoons fat-free whipped topping
- ½ cup sugar-free pudding
- Frozen 100% fruit juice bar, sugar-free fudge bar, or Greek yogurt bar
- ½ cup fat-free whipped topping mixed with 1 tablespoon unsweetened cocoa powder to make a mousse
- Vegetables (1 cup sliced zucchini, cucumber, bell pepper, or baby carrots) with low-fat dip
- Celery or cucumber with 1 tablespoon fat-free cream cheese
- 1 cup strawberries with 2 tablespoons fat-free whipped topping
- Medium-sized fresh fruit (apple, orange, apple banana, nectarine, kiwi)
- 1 cup berries or cubed melon
- Small apple with 1 tablespoon natural peanut butter
- ¼ cup cottage cheese with ½ cup canned pineapple packed in its own juice
- 6 ounces light or nonfat Greek yogurt
- 1 ounce beef, turkey, or fish jerky
- 10 mini crispy rice cakes
- English muffin pizza: Half a whole-wheat English muffin, 1 tablespoon marinara sauce, and 1 tablespoon mozzarella cheese
- Two sugar-free chocolate chip cookies
- 6-inch whole-grain flour or corn tortilla with 1 tablespoon natural peanut butter and sugar-free jelly
- 1 ounce fish-shaped cheese crackers
- 3 cups air-popped popcorn
- 1 ounce baked tortilla chips with ¼ cup salsa
- Six reduced-fat whole-grain crackers with 1 ounce string cheese
- ¼ cup nuts
- ¼ avocado on whole-wheat bread
- 1 cup edamame (soybeans in shell)
- Hard-boiled egg

Discuss diet restrictions with your health care provider.